



MENS & ORGANISATIE
PEOPLE & ORGANISATION



BROCHURE INTERNATIONAL STAFF

TABLE OF CONTENTS

I. PRACTICALITIES	4
1. BEFORE YOU ARRIVE	4
A. VISA FORMALITIES	4
B. THE SINGLE PERMIT for NON-EEA NATIONALS	5
How to apply for a Single permit from abroad	5
B. ACCOMMODATION	6
2. STAYING IN BELGIUM	9
A. ARRIVING IN BELGIUM	9
B. TOWNHALL REGISTRATION	10
C. HEALTHCARE AND INSURANCES	12
D. BANKING	13
E. TAXES	14
F. TRANSPORTATION	15
3. LEAVING BELGIUM	16
II. LIFE IN BELGIUM	17
1. WELCOME TO BELGIUM	17
2. LIFE IN BRUSSELS	18
A. PEOPLE AND ORGANISATION	22
B. FACULTY CONTACT INFORMATION	22
E. SCHEDULES	25
G. USEFUL CONTACTS	26
4. CAMPUS LIFE (ETTERBEEK MAIN CAMPUS)	27
A. CULTURE	27
B. SPORTS	27
D. FOOD	28
E. LEARNING A NEW LANGUAGE	29
F. STUDY FACILITIES	30
OUR SOCIALS	31

WELCOME

Welcome to an exciting new chapter in your academic journey: you're about to embark on an adventure in Brussels, Belgium, where the Vrije Universiteit Brussel (VUB) will soon become your (academic) home. Whether you're arriving solo or with your family, this journey promises to be an enriching and transformative experience.

We at VUB are thrilled to welcome you to our vibrant city and diverse university community! Get ready to explore, connect, and thrive in Brussels, as you contribute to the dynamic research culture at the heart of Europe.

This guide is intended to assist international staff and student coming to the VUB and relocating to Belgium, providing support with settling in. While comprehensive, it may not address every unique circumstance or request.

For additional information about formalities like single permits, health insurance, commune registration, ... We recommend to read our webpage '[International career](#)' by clicking on the link and consult especially if you are planning on residing in Brussels, this website [Brussels made easy - Commissioner Brussels Europe & International](#) . The information [Just arrived - Commissioner Brussels Europe & International](#) is also a must-read.

I. PRACTICALITIES

1. BEFORE YOU ARRIVE

To come to Belgium as a foreigner, you must be able to present certain identity and residence documents. If you are not Belgian and want to move to Belgium, you must have the necessary residence documents to do so. Otherwise, you cannot gain access to Belgian territory.

There is a distinction between staff and students. Are you a (PhD) student and would like more information on this topic? Consult the [VUB brochure for international students](#) and be sure to check "[apply with a foreign diploma](#)" on our VUB-website. On this webpage you will find complete and detailed information about the enrolment process and the preparation of your stay (visa, accommodation and finances).

A. VISA FORMALITIES

DO I NEED A VISA TO COME TO BELGIUM?

VISA APPLICATION

A visa gives permission to **stay or travel** through Belgium for a certain period of time.

Whether or not you have to apply for work and entry visa depends on your nationality.

Be sure to check the page "[immigration and visa](#)" on our VUB-website.

EEA+ nationals

For employees within the European Union, there is a 'free movement of persons' which makes residence regulations for EU citizens much more flexible than those for nationals of other countries. If you are a national of a Member State of the European Union or Norway, Iceland, Liechtenstein or Switzerland (EEA+ nationals) you can simply travel to Belgium with a valid international passport or identity card. You do not need to apply for a visa.

On arrival, you will have [to register at the town hall](#) of the municipality in which you will be residing.

Non-EEA nationals

Once your faculty and/or supervisor has confirmed your hiring as a staff member or grant holder, you can start planning your move to Belgium. First things first: the visa formalities.

A visa is placed in the passport at the consulate. It gives permission to stay or travel through Belgium for a certain period of time.

You must apply for a visa at the Belgian diplomatic mission or embassy in your country of nationality or current country of residence. In most cases, the first contacts, inquiries and submission of documents occur online.

As soon as your visa is issued, you can travel to Belgium from the date specified on the visa.

SHORT STAY (maximum of 90 days)

If you are planning for a short stay, please [visit this page](#).

LONG STAY (more than 90 days)

If you are planning for a long stay, [please visit this page](#).

B. THE SINGLE PERMIT for NON-EEA NATIONALS

Third-country nationals, **wishing to work** in Belgium for more than 90 days must submit an application for a work permit to the authorised Region via their employer. This application for a work permit is equivalent to an application for a residence permit.

WHO NEEDS A SINGLE PERMIT?

All employees on the VUB payroll who will perform duties in Belgium for VUB, including:

- Administrative and Technical Staff (ATP)
- Independent Academic Staff (ZAP)
- Assistant Academic Staff (AAP)
- Scientific and Pedagogical Staff (WPP)
- Postdoctoral Fellows (postdoc bursaal)

Employers based abroad who request one of their employees to perform duties in Belgium.

- Unpaid researchers
- Unpaid professor (visiting professor)
- Unpaid postdoctoral fellow (visiting post doc scholar)

HOW TO APPLY FOR A SINGLE PERMIT FROM ABROAD

Team HR-international at People&Organisation will assist you with the Single permit process.

The Single permit combines the residence permit and the work permit.

You will be asked to provide the necessary documents for your application. Once collected, your application will be submitted to the relevant authorities.

First, Brussels Economy and Employment will review your file for the labor section.

After this, the file will be forwarded to the Immigration Department, they will review it for the residence part.

Please be aware that this process may be time consuming. For more information regarding the Single permit please visit the website of the Immigration department: <https://dofi.ibz.be/en/themas/onderdanen-van-derde-landen/werk/single-permit>

Also, contact team HR-international P&O: m&o_international@vub.be

WHICH DOCUMENTS ARE REQUIRED TO APPLY FOR A SINGLE PERMIT?

The application must be accompanied by documents related to residence and work.

The type of application and **the required documents depend on the employment status** (ATP/AAP/ZAP/WPP/postdoctoral fellow).

Below are the general guidelines for the required documents.

Documents related to residence include:

- Proof of payment of a [contribution fee](#)
- A copy of all pages of the applicant's valid passport or equivalent travel document
- Proof that the applicant has sufficient means of subsistence, the duration of employment as an employee, and, where applicable, the employer's VAT number
- An extract from the criminal record or an equivalent document if the applicant is over 18 years old
- [A medical certificate](#)
- Proof that the applicant has [health insurance](#) covering all risks in Belgium for themselves and their family members (this is done by the employer's commitment to have you join a mutual insurance company upon arrival in Belgium)

During the assessment, the Immigration Office may request additional information and documents from the applicant

Consult the regions' websites **for information on work-related documents:**

Brussels-Capital Region: <http://werk-economie-emploi.brussels>

B. ACCOMMODATION

TEMPORARY ACCOMODATION FOR VUB STAFF

We recommend first **securing temporary accommodation for your initial weeks** in Brussels as it can take a while to find suitable housing.

Be aware ! If you have to register at the town hall of the local municipality, they frequently ask to provide a temporary address (but it needs to be possible to register your address at

this location). A hotel or boarding house is not an option, because they do not offer a “postbox”.

U-RESIDENCE

Mid stay (min one month max 12 months, hotel service) is exclusively reserved for PhD students or invited guest researchers of VUB, ULB, EhB or Vesalius College (Proof of registration at one of these schools is required): seven studios equipped with desk, sanitary facilities, kitchenette.

Short Stay (max. three months, hotel service) exclusively reserved for students, PhD students, invited guests of VUB, ULB, EhB or Vesalius College: 31 rooms for stays from one night with hotel service.

For more information: visit their [website](#).

HOUSING ANYWHERE

[HousingAnywhere](#) is a website where they believe that renting a home should be as easy and carefree as booking a hotel room. That's why we're here: to simplify accommodation renting for everyone. Whether it's to book a place online or pay rental fees after moving in.

How does it work for tenants? One you've paid the first month's rent the place is yours. This way, you can secure housing from anywhere.

HOTELS AND HOSTELS

(not for address registration purposes) . The best options for finding a hotel include [booking](#), [Trivago](#), and [TripAdvisor](#). If you're seeking a hostel consider using platforms like [Hostel World](#) or [Jeugd Herbergen](#), [Airbnb](#). ...

LONG TERM ACCOMODATION FOR VUB STAFF

While it is possible to start your search before you arrive in Belgium, finding long-term accommodation is often a challenge to do without seeing the property in person. We advise you to explore your options in person after arriving in Brussels. By doing so, you can visit properties, compare different offers and find the one that best suits your needs and expectations. You might want to use the time before you arrive to familiarise yourself with the neighbourhoods, average rental prices and available options.

PRIVATE MARKET OPTIONS

Online real estate platforms like [Immoweb](#), [Zimmo](#), [RentMore](#) and Brussels Rent offer extensive listings of apartments and houses in Brussels. These platforms allow you to filter your search by location, price, and property type. Check also:

- [Spot a home](#)

- [Rentola](#)
- [Immovlan](#)
- [Nestpick](#)
- ...

TIPS TO AVOID SCAMS WHEN LOOKING FOR ACCOMODATION

1. Pay careful attention to the housing ads

→ If the property is listed by a private owner, make sure you see the owner's surname, first name and telephone number.

Be aware of any owner who only accepts to be contacted by text message, not by telephone.

→ Check the exact address of the property and ask for several photos.

Do a Google search by typing the property's address. Use the Street View function to visually check whether the listed property actually exists in the indicated place.

→ Avoid ads that do not include photos of the property. Also, beware of overly appealing ads promising spacious, well-located housing for a low rental price.

You should also be wary of ads with photos that look too perfect, straight out of a interior design magazine. You can check the photos from the ads by doing a reverse search on Google Images.

→ If possible, visit the property together with the owner before signing the papers, and hand over the keys in person.

Do not pay anything unless you have signed the rental contract and received the keys in person.

2. Carefully read the rental contract and all its terms

→ To avoid future disagreement and litigation, make sure you sign a written rental contract detailing the terms and conditions of the rent.

Read the contract carefully before signing and ask for clarifications if necessary.

→ It is highly discouraged to hand over cash before you have signed a rental contract.

If the owner or the real estate agency asks you to pay money to book a visit or to secure the accommodation, it is best to ignore this offer and look for other options.

Pay attention to the new 'Airbnb' scam, where scammers rent a property via Airbnb and then list it on local web sites as if they owned it. Then, they accept applications, visits, they answer to all kind of questions. Once they get the money, they completely vanish.

That's why it's important not to pay anything until you have the keys in your hand.

However, there are also cases where the scammers may give you the keys directly in your hand and after you pay, they disappear. Then you end up with the real owners of the Airbnb, who don't know what's going on either.

Check if the property you are interested in is not listed on Airbnb, and when you visit it, make sure the apartment does not have a key box at the entrance, or other details specific to a short-term homestay.



2. STAYING IN BELGIUM

A. ARRIVING IN BELGIUM

As the capital of the European Union and Belgium, Brussels is well-served by public transport. Most visitors will arrive by plane at one of two airports that serve the city: Brussels Airport (Zaventem) or Charleroi Airport (also known as Brussels South Airport). Getting from the airport to your accommodation is easy.

ARRIVING AT BRUSSELS AIRPORT (ZAVENTEM)

Brussels' main airport is very well connected to the city. It's located just 10km from the city centre. Taking the train from the airport takes around 17 minutes to reach city centre. The price for the ticket is around 10 EUR. You can also take a bus, which is a cheaper alternative, but it will take around 30-40 minutes before you arrive in the city centre. You could also opt to take a taxi. This will cost you around €50. This is also handy if you have a lot of luggage.

ARRIVING AT CHARLEROI AIRPORT (BRUSSELS SOUTH)

Charleroi Airport is not located in Brussels, but is approximately 45 km outside the capital area. If you decide to get to Brussels by taxi, expect a fare of €100 or more. The best way to get to Brussels would be by bus. There is a shuttle bus that runs every 30 minutes from 3.30 AM onwards. Ticket prices vary, so buying a ticket in advance [online](#) is a good idea.

ARRIVING BY TRAIN

There are roughly 16 trains a day that go to and from major cities such as Paris and Amsterdam. The Eurostar train network connects Brussels with e.g. Germany, United Kingdom, Netherlands, and France. All international trains will terminate or stop in Gare du Midi (South Station). This is the biggest transit hub in Brussels.

ARRIVING BY CAR

Generally, all motorways in Belgium are toll-free. Motorway infrastructure is particularly good and well managed. The address of the university is Pleinlaan 2, 1050 Brussels or Boulevard de la Plaine 2, 1050 Bruxelles (= French).

B. TOWN HALL REGISTRATION

Once you have arrived in Belgium, you should register at the city or town hall of your new place of residence as soon as possible. Legally, you can only be assisted in Dutch or French: in Flanders in Dutch, in Wallonia in French, and in Brussels in either French or Dutch. If you do not speak one of these languages, it is best to be accompanied by someone who does.

PRIMARY RESIDENCE

The primary residence is the place where a family or single person habitually lives. A family may consist of related persons (family members) and/or unrelated persons (e.g. friends, life partner ...).

DETERMINATION OF PRIMARY RESIDENCE

The determination of principal residence is based on a factual situation. It is therefore the place where the family or single person effectively resides for most of the year. Its determination is based on several elements:

- the place you go to after work
- the place where the children go to school
- the energy consumption and telephone expenses
- the habitual residence of the spouse or other members of the family
- ...

Simply establishing your main residence somewhere is not enough. You must also actually live there. Conversely, if you have registered your main residence at a particular address, third parties cannot prevent you from being registered there. Nor can you.

The determination of the principal residence is made following an investigation. The town hall decides how this is done. Typically, the district police officer will verify that you live at the given address.

Attention: rules differ whether you are from the EU or not.

• You are staying in Belgium for less than three months:

Non-EEA nationals need to declare their arrival at the local town hall. You will need to provide your passport with 3 photos.

EEA nationals are not required to report their arrival in case they are staying for less than 3 months.

• You are staying in Belgium for more than three months:

EEA nationals+

As an EEA+ national, if you want to register in a Belgian municipality, you need to provide several documents. The exact requirements may vary by municipality, but generally, you will need to follow the procedure below and provide them with the listed documents.

Procedure

1. You must register within 8 days of your arrival in Belgium at the municipality where 10 you reside.

2. The municipality will register you in the National Register and you will receive a residence card.

3. There will usually be a residence check by the local police to confirm that you actually live at the given address.

Required documents

1. Valid passport or identity card.

2. Proof of residence:

- Rental contract or property deed.
- If you are living with someone: a declaration from the main resident + a copy of their identity card.

3. Proof of sufficient means of subsistence (e.g., employment contract, proof of income, etc.).

4. Health insurance – proof that you are covered by a Belgian health insurance provider or another recognized insurer.

Non-EEA nationals

YAs a third-country national who wants to register in a Belgian municipality based on a Single Permit (combined permit), you generally need to present the following documents. The exact requirements may vary by municipality, but generally, you will need to follow the procedure below and provide them with the listed documents.

Procedure

1. You must report to the municipality where you reside within 8 days of arrival in Belgium.

2. The municipality will register you in the National Register and you will receive a foreigner card type A (for a limited period).

3. There is usually a residence check by the neighborhood police officer to confirm that you actually live at the given address.

Required documents

1. Valid passport and visa D.

2. Single Permit – the positive advice on work and the positive advice on residence

3. Proof of residence:

- Rental contract or property deed.
- If you are living with someone: a declaration from the main resident + a copy of their ID card.

4. Birth certificate – legalized and possibly translated into Dutch, French, or German.

5. Proof of civil status (marriage certificate, divorce certificate, etc.), if applicable.

6. Employer's declaration or employment contract or hosting agreement – to show that you are actually working based on the permit.

7. Health insurance – proof that you are affiliated with a Belgian mutuality or another recognized insurer.

C. HEALTHCARE & INSURANCES

HEALTH INSURANCE

All long-term visitors to Belgium (those staying for over 90 days) are required to have basic health insurance.

EEA citizens are most likely covered in Belgium by the state health insurance system in their home country, on the condition that they bring their European Health Insurance Card (EHIC). If you need treatment during your stay, you will pay the bills in Belgium and claim refunds with your insurance provider in your home country.

In order to access the social security system, every worker must join a health insurance fund (known as a "Mutualité" or "Ziekenfonds"), which refunds a fixed percentage of medical care costs. Workers are free to choose whichever association they wish. These associations represent the various ideological groups within Belgian society and can be Christian, Liberal, Socialist or independent. As intermediaries between the National Institute for Sickness and Invalidity ("INAMI-RIZIV") and their members, all funds charge approximately the same amount.

Membership of a "health insurance fund" entitles you to a partial refund of medical, dental or psychological care costs, hospital care, surgical operations, maternity costs, and prescribed medicines. The amount reimbursed is based on a precise scale for each service provided. Some mutual insurance associations have their own polyclinics where virtually all of the patient's costs are refunded.

There are different health insurance funds. Via [this webpage](#) you will find more information.

Insurance plans of some non-EEA countries may be sufficient to cover the medical expenses in Belgium, based on bilateral agreement. More information can be found [here](#).

COLLECTIVE HEALTH INSURANCE

Employees of the Vrije Universiteit Brussel are collectively enrolled in an insurance policy.

Anyone with an employment contract or scholarship agreement is automatically insured from their first day of work. The employee is not required to take any action. This insurance, usually called 'hospitalisation insurance', covers the following:

- hospitalisation costs
- costs linked to outpatient treatment of serious illnesses (UZ Brussel and VUB services)
- outpatient concerns (UZ Brussel and VUB services) up to a certain amount

This insurance is free for staff members. It is possible for family members to join the insurance by paying a surplus. To have them join you should submit an application via TEO, our HR system. This insurance does not exempt you from having to join the standard health insurance.

REPATRIATION INSURANCE

The mutuality will cover the cost of medical expenses in Belgium (for ca. 60-70%) but will not cover repatriation costs in the event of illness or accident. You may therefore wish to take out private repatriation insurance in your home country.

OTHER (OPTIONAL) INSURANCES

There are other optional insurances, for example:

- House insurance
- Family and personal liability insurance
- Car insurance

More information can be found [here](#).

D.BANKING

International staff with a long stay in Belgium are advised to open a Belgian or IBAN format/SEPA zone bank account. Some of the large banks also offer an expat service that allows you to open the account online before you move to Belgium. You will then need to inform the bank once your residence permit has been issued.

You are free to choose any bank of your choice to open an account. Belgium has been moving towards becoming a cashless society and, as a result, has one of the most modern and efficient financial frameworks in the world.

Whether you're staying a few months or moving here permanently, one of the first things you'll need is a Belgian bank account. Having a bank account in Belgium will make life easier for paying rent and utilities, phone contracts, gym memberships and receiving your salary. It may also facilitate your application for a mortgage in Belgium.

Traditional (Belgian) bank account

Opening a Belgian bank account is pretty straightforward. To do that you must be:

- Be at least 18 years old be able to verify your identity (national ID card or passport)
- Have an address in Belgium (utility bill, rental contract, document from the commune).

Each bank has its process for opening a new account. One might require you to visit a bank in person and the other will let you submit everything online. As said, some of the large banks also offer an expat service that allows you to open the account online before you move to Belgium. You will then need to inform the bank once your residence permit has been issued. A standard Belgian bank account is set up for deposits, withdrawals, and online banking.

If you do not have a permanent address in Belgium, from our latest info, opening a bank account online is possible at [Wise](#).

[KBC Brussels](#) also offers the possibility to open a bank account without address, although this could depend from your country of origin and could take some more time.

Note this information is subject to changes.

Banking for expats

Due to the large expat presence in Belgium, you'll find many banks with international capabilities and English-speaking services. The largest banks in Belgium are Belfius, BNP Paribas, ING Bank and KBC Bank (known as CBC in French). The following banks offer an expat desk in Brussels:

- [ING's services to expats](#)
- [BNP Paribas Fortis - Expats](#)
- [KBC - Expats in Brussels](#)

They generally offer an optional comprehensive service to expats. This service (which involves an annual charge) includes a current account, debit card, credit card and transfer forms. It also includes advantageous financial and insurance packages geared towards the expat resident in Belgium.

Alongside these major banks, which have several hundred branches across the country, there are also numerous independent banking networks, private banks and online banks.

Online banking for expats

Some prefer online banking to traditional banking. Online banks usually require less administrative information in comparison to traditional banks.

A list of most common banks openings accounts for students:

- Wise
- Revolut
- Bunq
- Monese

Using a bankaccount

As soon as your account is open you can withdraw money and make payments. Payments in Belgium are generally made by electronic debit card or credit card. The most common debit card in Belgium is known as the "Mister Cash/Bancontact card". It is a chip card that has a four-digit PIN code.

- Make sure your bank has a user-friendly app or an online banking method that lets you receive and transfer funds quickly and easily
- Check the rate of charges for a current account, as these can vary between banks.

E. TAXES

Whether you are taxed on your personal income in Belgium depends on your personal situation. Evidently you will only pay taxes on your personal income to the Belgian State if you are on a Belgian payroll. The amount of taxes you pay will depend on the level of your income and is calculated in percentages per installment.

For **residents**, this tax applies to all worldwide sources of income including: salary and employment benefits, interest from savings and investments, rental income. Indeed, regarding the agreement to avoid double taxation existing between Belgium and your country of origin, you will probably be exempt from taxation in Belgium on your foreign

(non-Belgian) income. However, your other taxable income earned or received in Belgium will be taxed at the rate as if all of your income (both Belgian and foreign) was taxable in Belgium. (This is the so-called "exonération avec réserve de progressivité" or "vrijstelling met progressievoorbehoud"). Note that **non-residents** only pay income tax on anything they earn from Belgium.

ANNUAL TAX FORM

Once registered at the municipality and regardless of your status, you will receive the Belgian annual tax form every year during the month of April, regarding the Personal Income Tax. **Every year, every resident - temporary or permanent – receives their tax declaration form.** The Belgian tax year runs from 1 January until 31 December, and you file tax on the income earned in that year the following summer.

If you want to read more information on taxes: [click here](#)

F. TRANSPORTATION

From the city centre to the outskirts of Brussels, public transport has you covered. An efficient network of trams, metros and buses ensures that you can get anywhere in a short period of time and with ease.

The main organisation of public transport in Brussels is **STIB/MIVB**.



BRUPASS 10 journeys

- Fare: € 18,20
- No age limit
- Valid on the entire STIB-MIVB network, except from Brussels Airport with line 12, the TEC and De Lijn bus networks within the Brussels-Capital Region and the SNCB-NMBS railway network, 2nd class, within the Brussels-Capital Region

STIB-MIVB 75 JOURNEYS

- Fare: € 123,00
- Valid on the whole STIB-MIVB network (except departing from Brussels Airport)
- Valid for 18 months after purchase and valid for 90 days from the first validation
- No age limit



! Public transport runs from roughly 5 am to midnight. During the weekend, night buses run every

30 minutes from midnight to 3 am on special routes.

! An overview of transport lines for STIB/MIVB can be found [here](#)

! An overview of the railway network of SNCB is available [here](#)

FLOYA

[Floya – Your mobility in BXL mode](#) is an app that provides you an overview of all the transportation options nearby to optimize your routes.

CYCLING

An alternative to public transport is cycling. Brussels is a very bike-friendly city that is equipped with many bike lanes. The city offers bikes that can be rented at several locations: (<https://www.villo.be/en/>)

E-SCOOTERS and E-BIKES

In Brussels, lots of electric scooters and bikes are available for people to share. They're an easy and cheap way to get around the city, costing about €5 for half an hour. You can find electric bikes and scooters from companies like Lime, Dott, Poppy, Tier, Voi, Bird, Bolt, and Pony.

NIGHT TAXI COLLECTO

From 11:00 PM to 6:00 AM, you can book a shared night taxi called Collecto, operating seven days a week. The fare for a trip is ca. €6, and the taxi can pick you up at one of the 220 designated points. To book Collecto, download their [app](#) and ensure you request a ride at least 30 minutes before your planned departure. Payment can be made in cash or through the app.

3. LEAVING BELGIUM

If you are planning to leave Belgium, there are certain practical and administrative steps you will need to take, such as closing your bank account and informing the municipal authorities of your departure.

DEREGISTRATION AT THE TOWN HALL

The deregistration process applies to non-Belgian nationals with a valid Belgian residence card who intend to leave the country permanently. This process effectively deregisters you from the population registry thereby invalidating your residence card. You should return your residence permit to the town hall prior to departure to receive a 'Model 8 form'

confirming that you have deregistered. The customs may ask to provide this document when you leave Belgium. If you do not return your residence permit to the town hall prior to departure, you need to write to the town hall (enclosing a copy of your residence permit) and ask to be deregistered. Make sure that you inform the town hall of your new address and your permanent address in your home country.

HEALTHINSURANCE

Do not forget to terminate your health insurance affiliation. They need the "model 8 form" (see Deregistration town hall above) to terminate your affiliation. If you have any additional health insurance plans and coverages, please contact the provider to find out the conditions for termination.

HOUSINGARRANGEMENTS

Make sure you give notice of your intention to leave your residence well in advance. In Belgium, this notice must generally be given by registered letter at least three months before your expected departure date or the end of your rental contract. Even if you have a one-year rental contract, it is essential to inform the landlord of your intention to leave the apartment. Otherwise, your contract may be automatically renewed for another year. Please read your contract carefully.

BANK ACCOUNT

We advise against closing your bank account before you leave, as this could prevent subsequent payments from being processed.

Note that closing a bank account does not just mean bringing your balance to zero. You will have to visit the bank and sign for the closure of your account. Please check all transfers and payments and settle all invoices before closing your account.

II. LIFE IN BELGIUM

1. WELCOME TO BELGIUM

BRIEF HISTORY

Belgium is a European country with a constitutional monarchy that became independent in 1830. Divided into three regions - Brussels, Flanders, and Wallonia - Belgium has a unique cultural mix. In Flanders, the majority of people speak Dutch, while in Wallonia, the majority speak French. Brussels is a bilingual capital city that officially recognises both languages. Additionally, a small German-speaking community resides in East Wallonia. With 10 provinces and a population of ca.

11.5 million, Belgium celebrates its national holiday on July 21st, marked by a military parade and various events in the city centre of Brussels.

CULTURE

Belgium is the birthplace of notable figures in various fields, including Jacques Brel, Stromae and Angèle, athletes like Kevin De Bruyne, Remco Evenepoel, and Nafi Thiam, and artists like René Magritte, George Rémi, Victor Horta, Audrey Hepburn,... Belgian cuisine is renowned, featuring moules-frites (mussels and chips) as its national dish, along with world-famous chocolate, waffles and beer.

Belgium also has several cultural attractions, from the futuristic Atomium in Brussels to the charming canals of Bruges. Medieval wonders like Ghent's Gravensteen Castle and architectural gems like the Cathedral of St. Michael and St. Gudula in Brussels offer diverse experiences. Nature lovers can explore forests in the Ardennes, while foodies indulge in Belgian cuisine. With a rich tapestry of heritage and culture, Belgium's attractions promise an unforgettable journey.

BRUSSELS

Brussels is a vibrant capital known for its diversity, hosting the headquarters of the European Union and NATO. While French and Dutch are the main languages, the city is home to people from many different backgrounds. With a lively atmosphere, Brussels offers a wide range of cultural activities, including concerts, theatres, cinemas, exhibitions, museums, and monuments. The city is also surrounded by parks and forests, providing plenty of green spaces to enjoy. Getting around is easy, thanks to well-designed public transport and road networks. Plus, Brussels offers fast and reliable connections to other major cities like Paris, London, Amsterdam, and Frankfurt through high-speed rail networks and good infrastructure.

With more than 86,000 students — almost a quarter of all students in Belgium — Brussels is the country's largest student city. It is also a cosmopolitan city where you can blend into the crowd. In brief, you get all the benefits of a university city, plus those of a bustling metropolis.

2. LIFE IN BRUSSELS

We know that moving to a new city and country can be overwhelming at first. We would like to help you find your way around Brussels and, to that end, we have collected some information that may help you get a better grasp of what life in Brussels is like.

BRUSSELS EXPAT HELPDESK

The [Brussels expat helpdesk](#) can help you with topics related to your stay in Brussels.

The Expat Welcome Desk has been getting newcomers settled smoothly in Brussels and the Region for more than 30 years. They are trilingual experts who can guide International Brusselers and answer the most pressing questions, from “What are the tricky points in my lease contract?” to “Help! I have to pay taxes!” to “How can I find a dentist in my neighbourhood?” No question or concern is too large or too small.

[Brussels Law School Consultancy](#) is an initiative to provide legal guidance to students, young entrepreneurs and those seeking justice. The organisation consists of passionate law students who want to be your guide in the legal maze.

BRUSSELS INTEGRATION AGENCY (BON)

[The brussels Integration Agency for newcomers \(BON\)](#) helps newcomers to feel at home in Brussels, including students. They give language introductions, provide individual coaching, help recognise foreign diploma’s and provide integration courses. BON established a close connection to VUB resulting in several joint activities taking place throughout the academic year.

SHOPPING

The opening hours of Belgian shops differ from one shop to another. In general, supermarkets are open from Monday to Saturday from 08:30 until 20:00. Clothing shops are generally open from Monday to Saturday from 09:30 until 18:00 or 19:00. The same working hours are usually applicable to pharmacies and other services.

The main supermarket chains in Belgium are Carrefour, Colruyt, Delhaize, Lidl and Aldi, of which Colruyt, Aldi and Lidl are the cheapest. Some supermarkets, like Delhaize and Carrefour, have smaller sized shops called City Delhaize, Delhaize Shop & Go, Proxy Delhaize and Carrefour Express, which are often open on Sundays.

RELIGION

Belgium is a laic state which means it has no state religion. The constitution (1830) prescribes a strict separation between state and religion but also guarantees the freedom of worship. Belgium has six recognised religions: Roman-Catholic, Islam, Protestant, Orthodox, Judaism and Anglican. This doesn’t imply other religions are not allowed but that only these six are entitled to government subsidies.

ACTIVITIES DAY/NIGHT IN BRUSSELS

Whether you want to admire Brussels' historic monuments, discover its museums or sample local flavours, there's always something to see or do in the capital of Europe! In our city you can find everything you may need and to better orient yourself in there, we

advise you to check out [visit.brussels](https://www.visit.brussels), as it provides an overview of events happening in the city!

To truly get to know our capital, you need to dive into the night! The offer is vast, and ranges from exotic, trendy and alternative to chic, gastronomic, musical, and more.

FOOD

Like many other regions around the world, Brussels has its own culinary specialities, starting with its famous waffles. But how many of these specialities do you know? Chocolate and speculoos are just two of the famous sweet treats you can find in local chocolate and pastry shops, and they won't disappoint! Savoury dishes such as Belgian fries, vol-au-vents, Flemish stew and mussels with fries can also easily be found in the city. Make sure you try as many traditional dishes as possible! The opening hours of the places that are visited should be checked, as some of them might be open in the morning, closed in the afternoon and then reopen for the evening. Some might only be open in the evening.

HOUSEHOLD WASTE

Throughout the university and across Brussels, recycling is vital. The following rubbish bags are used across Brussels, colour-coded:

- **Blue** bags = plastics, drinking cartons and cans
- White bags = general waste
- **Green** bags = garden waste
- **Yellow** bags = paper and cardboard
- **Orange** bags = food waste (composting)
- Collection point: glass, clothes, oil,...

DOCTOR'S APPOINTMENT

If you need medical assistance, you can rest assured that many healthcare professionals in Brussels speak English. There is a general medical practice affiliated with VUB near campus, all general practitioners there speak English. You can find more info and their contact details [here](#).

You can also opt to visit a different medical practice. The doctoranytime website offers a filter based on the languages you speak, location and other details you deem important when looking for a healthcare professional.

When choosing a doctor, we also encourage you to check if they are considered as **"registered" (in French, 'conventionné')** or not, as it will influence the price you will pay for the appointment. Registered doctors have a set price on their services and with the health insurance that price should be affordable. A lot of General Practitioners (GPs) and

dentists are registered, but only a few specialized doctors (dermatologists, ophthalmologists, orthopedists, etc.) are registered. If you need the help of a specialized doctor, we advise to call them first to inform on the price of their services. If you are not sure how reimbursement affiliated with your health insurance works, please reach out to your health insurance provider.

Be mindful that having a health insurance saves you up to 60-100% of costs associated with your healthcare. Furthermore it is compulsory to have a valid health insurance for staying in Belgium (see page 12). You are also covered via the VUB Collective Health Insurance for certain services.

Non-urgent doctor appointments require an upfront booking. If you are having an emergency, please visit the nearest accident & emergency department of your local hospital.

COMMUNITY HELP SERVICES

[CHS](#) operates a 24/7 Helpline in English, for children, adolescents and adults. Calls are anonymous and confidential. The Helpline is staffed by a team of volunteers that is recruited, trained, supervised and supported by the mental health professionals working with CHS.

CHS also operates a Mental Health Services Centre in Brussels, housing an international team of professional therapists who provide support for a comprehensive range of mental health issues. All the therapists speak English and a lot of them also work in other languages.

3. WELCOME TO VUB

VUB is a modern university. In 2019, we celebrated 50 years as an independent university. But our history goes back much further, to the Université Libre de Bruxelles (ULB), which was founded in 1834. We have been linked with this university for over 185 years. This profound legacy fosters a wealth of experiences, a network of connections and a truly exceptional education. Our campuses still bear traces of this history. We value our heritage. We are committed to managing it fairly and making it accessible to the public.

Freedom, equality and solidarity are the humanistic values that underpin our university. We uphold them with a critical attitude and an open, creative mindset. The outcome: an institution of higher education where you shape your own perspective without an imposed directive from the top.

CAMPUSES

As a Brussels university, most of its [campuses](#) are in and around Brussels: The VUB Main Campus in Etterbeek, the VUB Health Campus in Jette, Campus COOVI in Anderlecht, and the VUB Photonics Campus in Gooik. In addition, there are extra classrooms in the

heart of Brussels and a campus in Leuven and Diest. Depending on your field of study, you will be going to one of these campuses.



A. PEOPLE AND ORGANISATION

P&O is your partner for all matters related to HR and personnel management at the Vrije Universiteit Brussel. We are here to support you and help shape your career successfully.

The HR International team plays a crucial role in recruiting and supporting international staff. We provide assistance throughout the entire process, from recruitment to integration, to ensure that international employees feel welcome and well-guided at VUB.

If you have any questions, please contact M&O_international@vub.be or [mens en organisatie@vub.be](mailto:mens_en_organisatie@vub.be).

B. FACULTY CONTACT INFORMATION

Faculty Secretariat Law and Criminology

E-mail: facrc@vub.be

Tel: [+32 2 629 15 77](tel:+3226291577)

VUB Main Campus Etterbeek

Pleinlaan 2

1050 Elsene

Building B, 4th floor, room B4.05

Faculty Secretariat Medicine and Pharmacy

E-mail: secretariaat.gf@vub.be

Tel: [+32 2 477 41 02](tel:+3224774102)

VUB Health Campus Jette

Laarbeeklaan 103

1090 Jette

Faculty Secretariat Psychology and Educational Sciences

E-mail: facpe@vub.be

Tel: [+32 2 629 25 36](tel:+3226292536)

Faculty Secretariat Engineering

E-mail:

secretariaat.ingenieurswetenschappen@vub.be

Tel: [+32 2 629 27 58](tel:+3226292758) // [+32 2 629 15 72](tel:+3226291572)

VUB Main Campus Etterbeek

Pleinlaan 2

VUB Main Campus Etterbeek
Pleinlaan 2
1050 Elsene
Building C, 3rd floor, room C.3.05

Faculty Secretariat Sciences and Bioengineering Sciences

E-mail: facwe@vub.be

Tel: [+32 2 629 12 95](tel:+3226291295)

VUB Main Campus Etterbeek
Pleinlaan 2
1050 Elsene
Building F, 4th floor, room 4.F.107

1050 Elsene
Building K, 2nd floor

Faculty Secretariat Physical Education and Physiotherapy

E-mail: facfk@vub.be

Tel: [+32 2 629 27 28](tel:+3226292728)

VUB Main Campus Etterbeek
Pleinlaan 2
1050 Elsene
Building L, room L2.08

Faculty Secretariat Social Sciences & Solvay Business School

E-mail: faces@vub.be

Tel: [+32 2 614 83 83](tel:+3226148383)

VUB Main Campus Etterbeek
Pleinlaan 51050 Elsene
3rd floor, room 3.07a

Faculty Secretariat Languages and Humanities

E-mail: facfw@vub.be

Tel: [+32 2 629 39 05](tel:+3226293905)

VUB Main Campus Etterbeek
Pleinlaan 2
1050 Elsene
Building C, 5th floor, room 5.C.402

[Online overview](#)

C. EMERGENCY CONTACTS AND SAFETY

At VUB, ensuring the safety of our campuses and community is our top priority. A number of emergency services and safety procedures have therefore been put in place for the prevention, management and resolution of incidents and emergencies, and general requests for help.

CAMPUS SECURITY

The security guards are responsible for security on campus 24/7. For every incident, they are the first point of contact. If necessary, they immediately contact the emergency nuisance, unauthorised persons), and after the facts (e.g. burglary, vandalism). They are in the best position to guide emergency services on campus. You can find them on VUB Main Campus in Building X4, entrance 6.

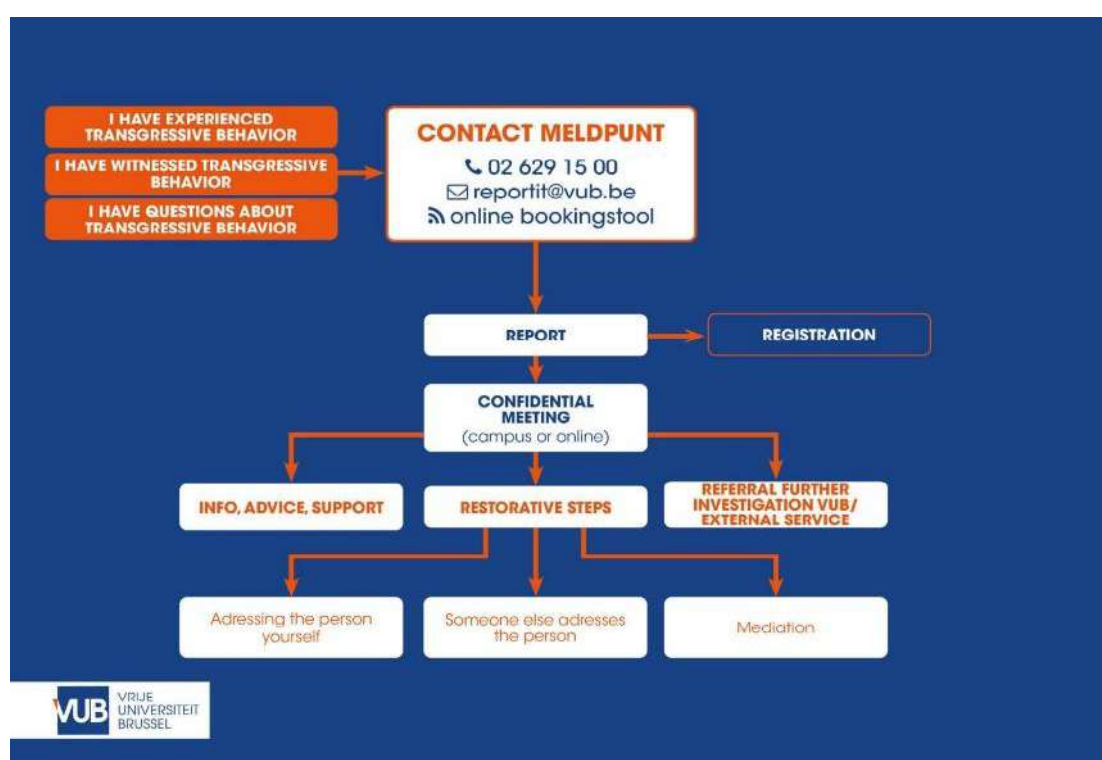
You can call reach them by call **+32 2 629 21 76** or by e-mail **bewaking@vub.be**

REPORTING CENTRE FOR TRANSGRESSIVE BEHAVIOUR

There is no place at VUB for inappropriate or transgressive behaviour. Have you experienced some form of inappropriate behaviour? Then rest assured we are there to help you. You Are Not Alone.

You can report unwanted transgressive behaviour discreetly at the reporting centre. Whether you are dealing with verbal or physical violence, bullying, unwanted sexual acts, intimidation, racism or discrimination, a VUB staff member bound by professional confidentiality and authorised as an independent counsellor will support and inform you about possible further steps.

A report may be a first step towards a solution. You can then decide for yourself whether or not to proceed.



EMERGENCY SERVICES

If you experience or witness a medical emergency, an accident, or an assault, or if you have found a suspicious object, please contact the campus' security by **+32 2 629 21 76** (VUB Main Campus).

Below you can find the general emergency numbers available in Belgium, in case you will encounter an emergency off campus:

112: the number to dial in case of emergency, accessible everywhere in Europe	02 477 32 40: Burn Care Centre (children)
100: in case of fire, suspect smoke, gas leak or any other danger.	02 506 47 47: Civil protection
101: Federal police	04 250 43 31: for SOS Nurses – Brussels

105: Belgian Red Cross	02 513 02 02: for SOS Doctors
110: Child Focus	0900 10 500: for pharmacies on duty
070 245 245: Poison control centre	107: for Remote Help Line (listening day and night in anonymity)
02 268 62 00: Burn Care Centre (adults)	0800 32 123: Suicide prevention

Brussels University Consultation Center

BRUCC is a centre for psychological counseling, training/education and research. Children and adults can contact us for individual counseling, systemic therapy (couples and families), group training and psychological assessment. BRUCC is located on the VUB main campus. More info on their activities via the [BRUCC website](#).

E. SCHEDULES

We publish an [academic calendar](#) for the upcoming year almost 9 months in advance.

ACADEMIC CALENDAR

The academic calendar offers an overview of the most important data and periods of the academic year, such as starting and end date, semesters, holidays, examination periods, educational activities and public holidays. You can consult the ongoing (or upcoming) academic calendar on VUB website, just look up *Academic Calendar VUB*.



G. USEFUL CONTACTS

To get information on any facilities or inquiries relating to VUB, contact one of the following departments:

Education and Student Administration

E-mail: studentenadministratie@vub.be
 VUB Main Campus Etterbeek
 Pleinlaan 2
 1050 Elsene

Study Guidance

E-mail: begeleiding@vub.be
 Tel: [+32 2 629 23 06](tel:+3226292306)
 VUB Main Campus Etterbeek
 Pleinlaan 2
 1050 Elsene
 Building F

Social, Legal, and Financial Support

E-mail: studentenstatuut.studiefinanciering@vub.be
 Tel: [+32 26 29 23 15](tel:+3226292315)
 VUB Main Campus Etterbeek
 Pleinlaan 2
 1050 Elsene
 Building X1

Student Housing

E-mail: huisvesting.housing@vub.be
 VUB Main Campus Etterbeek
 Pleinlaan 2
 1050 Elsene
 Building X1

Student Information Hub

E-mail: info@vub.be
 Tel: [+32 2 629 20 10](tel:+3226292010)
 VUB Main Campus Etterbeek
 Pleinlaan 2
 1050 Elsene
 Building D

International Relations Office

E-mail: international.relations@vub.be
 International Relations Office
 Pleinlaan 5
 1050 Elsene

VUB Foundation

E-mail: foundation@vub.be
 Tel: [+32 2 614 88 30](tel:+3226148830)

People & Organisation (HR Department of VUB)

VUB Foundation
Pleinlaan 11
1050 Elsene

E-mail:
mens_en_organisatie@vub.be
VUB Main Campus Etterbeek
Pleinlaan 2
1050 Elsene

4. CAMPUS LIFE (ETTERBEEK MAIN CAMPUS)

If you decide to work at Vrije Universiteit Brussel, you can rest assured that everything is in place to give you a few unforgettable years: from great VUB events to the bustling Brussels nightlife that awaits around the corner. What more do you want?

A. CULTURE

Looking to soak up some culture on campus? Explore [Pilar](#), the cultural hotspot on the VUB Main Campus. Your appetite for performing arts, music, and exhibitions is sure to be satisfied at this cultural centre and artistic laboratory. Here, the university community works to create a cross-fertilization of art, science, and entrepreneurship, together and for one another. Pilar, the House for Arts & Sciences, with its multifunctional black box and exhibition space, is located in building Y on the VUB Main Campus.

On the campuses, you will also find the VUB choir and orchestra, a fully-fledged sculpture park, and buildings that are true architectural gems.



B. SPORTS

Healthy mind, healthy body, and healthy social life – that's what we aim for at VUB! [VUB Sport](#) wants to stimulate everyone (particularly students) to achieve and maintain a good quality of life through regular, lifelong, and responsible exercise and/or sports. This way VUB Sport contributes to a healthy society. We believe that there is a sport for everyone, and VUB Sport will help you find it!

The campus has a big sports complex, it offers more than 10,000m² of indoor and outdoor space for its sports facilities and infrastructure. It has a 25-meter-long swimming pool, a football and rugby pitch, and a Basic-Fit, which is located within the VUB Main Campus.

[VUB Sport](#) organises many activities and works closely with other sports providers in the region to provide members with as much choice as possible.

BASIC-FIT

VUB students enjoy a **discount of up to 50%** when purchasing a full-option annual membership at [Basic-Fit](#) (Comfort+ formula, which costs ca. €120 annually) on the Etterbeek and Jette campus. Simply buy your membership card in the clubs on one of the two VUB campuses. Once you have your membership card, you can use it in Basic Fit gyms across Europe. They are open 24/7 on both of our big campuses!

SPORTMIX

[Sportmix](#) is a package of different sports activities which take place every week in and around the VUB sports complex on the VUB Main Campus. During the academic lecture weeks we offer more than 30 sports sessions for over 20 sports a week. During the 2019-2020 academic year, for example, students could practice the following sports: aikido, athletics, badminton, basketball, bodymix (aerobics), boxing, fitness gymnastics, European sword fighting, karate, kendo, kickboxing, floorball (indoor hockey), underwater hockey, pilates, rugby, strong HIIT, table tennis, urban dance, football, waterpolo, swimming and zumba. Sportmix also offer a number of sports activities during study and exam weeks so that you can keep up your good habits.



D. FOOD

VUB RESTAURANT

Every weekday you can choose from different menus for your lunch in the [VUB restaurant](#) at our Main Campus. Besides meat and fish menus, we offer a vegetarian and vegan dish every day. In the canteen you will find sandwiches and snacks. Hot meals are served during lunch, with plenty of options available every day.

VUB CANTEEN

Don't feel like a hot meal? Fancy a sandwich, pastry, coffee or soft drink? Then drop by the canteen during daytime for a quick bite. We are open until late afternoon!

OPINIO

In the heart of the campus, on the esplanade between building D and E, you will find Opinio, a café serving a vast assortment of drinks and snacks. In the summer you will find many people on the terrace enjoying a cool drink or a delicious coffee.

'T COMPLEX

Need to take a break after exercising or keen to meet up with friends? Above the entrance hall of building L, the VUB Sports Complex, you will find ['t Complex](#). From noon onwards, this is the place to be for a bite to eat. The menu features snacks, more hearty dishes and daily suggestions.

BAR PILAR

In the brand-new culture tower Pilar, you will find not only a concert hall and an exhibition space, but also [Bar Pilar](#), a cozy campus pub with a terrace where you can enjoy a drink or a bite to eat. "A place for musical discovery, a melting pot where everybody is welcome".

E. LEARNING A NEW LANGUAGE

One of Belgium's unique features is its multilingual environment. It has three national languages: Dutch, French, and German. VUB offers courses in Dutch and English. French is also a useful language to know, because it is the most spoken language in Brussels. Most jobs in Belgium will favour applicants who speak English and one of the three national languages (usually Dutch or French).

VUB LRN

At VUB, we offer optimal support to our students, researchers, and staff. Thus, everyone has the opportunity to develop and follow their own path. [VUB LRN](#) has a page on our sharepoint.

ACTO AND CVO SEMPER

[ACTO](#) offers a full range, from tailored workshops to individual language support.

Alternatively, using an app such as Duolingo is also a great way to start learning. We understand that learning a new language can be challenging and intimidating, but thanks to Brussels' multilingual environment, you'll get plenty of opportunities to practice!

CVO Semper is another organisation that teaches a wide range of languages. They have flexible class times and teach over 15 000 students.

LANGUAGE TABLES

VUB Main Campus also has Language Tables. During the academic year, Language Tables are organised on certain weekdays in the student restaurant in Etterbeek. This is the perfect time to practise your languages with native speakers and to get to know students who speak other languages. Speakers of different languages meet on different days. As you can see, you will have no problem learning a new language!

Facebook link: <https://www.facebook.com/VUBLanguageTables/>

F. STUDY FACILITIES

Take advantage of our various study spaces and VUB library.

UNIVERSITY LIBRARY

The University Library offers a wide range of online databases, electronic periodicals and eBooks, and of course a big collection of newspapers, books and periodicals, in both paper and electronic format. The reading rooms of the libraries are also freely accessible and provide a wide range of printed literature, Wi-Fi (access with a VUB account), a range of copying, printing and scanning facilities and a big study space.

CAVA

CAVA is the result of a partnership between the VUB University Archives and the Centre for Secular Humanist Heritage. CAVA collects, stores, showcases and provides access to the archives and scientific heritage of VUB and the archives of the secular humanist community in Flanders and Brussels.

You can consult the equivalent of more than 3km of documents, publications, photographs, oral sources and artefacts. CAVA also organises lectures, exhibitions and guided tours for organisations, schools or individual visitors. Moreover, it acts as a mediator in preserving and promoting intangible heritage, such as stories, songs, rituals and traditions. The university boasts a wealth of such intangible heritage. Two examples are student rituals and the song festival.

OUR SOCIALS

You can find VUB on:

- **FACEBOOK:**
VUB general (in Dutch & English) <https://www.facebook.com/VUBrussel/>
VUB International Relations (English):
<https://www.facebook.com/VUBInternationalRelations/>
- **TWITTER:** https://twitter.com/VUBrussel?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor
- **YOUTUBE:** <https://www.youtube.com/channel/UCxr4eNyQVz-7Qcf3K7lXp3g>
- **INSTAGRAM:** <https://www.instagram.com/vubrussel/>
- **TIKTOK:** <https://www.tiktok.com/@vubrussel>

